



# Heritage Center

The Heritage Center is 55+

April 2016 Supplement

#10 E. 6150 S.  
801-264-2635

Accredited by   
National Institute of  
Senior Centers

## Mother's Day Tea

**Monday, May 2 at  
11:30-1:00.** Seating  
limited. Signups begin  
April 19. Purchase a  
single seat or a table  
of 8. Cost \$6.50.



**Wash & Cut available April 1 —**  
We have recently purchased a  
new barber chair which allows our  
barber to offer a wash in addition  
to a cut beginning April 1. The  
cost of a haircut will be \$9 and a  
wash and cut will be \$13. Please  
specify when making your ap-  
pointment if you would like a  
wash also.

The **Tuacahn Trip** sign up has  
begun. Travel **June 13-16** to Mes-  
quite and enjoy *Peter Pan* and  
*Tarzan* at the Tuacahn outdoor  
theater. Cost is \$350 double oc-  
cupancy.

## Monday Golf Tournaments

Annual Participation Fee — \$7  
4/11 — 9:00 Lakeside \$41  
4/25 — 8:30 Valley View \$43

## Meal Program — Did you know?

The meal program is available Tuesday-Friday and provides a “home” cooked meal by Chef Calli and her crew. The meal is served anytime between 11:30-12:30 and the cost varies depending on what you order. We offer the main menu printed in the newsletter or option of a made to order salad or sandwich (see prices below). Meals are for persons 55 and over; however, you are welcome to bring younger children or grandchildren on occasion but the meal is a higher price (see listings below). In many cases, it might be cheaper for you to bring a lunch for your grandchild because all meal choices are higher if you are under 55.

The \$4 cost of the meal does not cover all of the meal expenses. We are fortunate to be funded and operated by Murray City Corporation and they subsidize the meal program to cover staff expenses, utilities, cleaning supplies, etc. The \$4 meal charge just about covers the cost of the food (depending on food prices that month). Don't forget, along with the main menu item, the kitchen also offers the options of made to order salads, sandwiches, and soup during the winter.

We are changing the way you can purchase take out meals. You may purchase one meal as a take out instead of choosing to eat it at the Center anytime (11:30-12:30) but if you are eating a meal at the Center and you want to take one home, you will need to wait until 12:15 to check with the kitchen to see if they have the main meal option still available. Take out meals that might be for family members under 55 are the price listed below for under 55 meals plus the cost of the takeout (50¢) and as listed above are not available to purchase until after 12:15.

We heard your suggestions and have changed the cost for those who choose to make a meal from the options but also want dessert. If you spend \$4 on options we will also include a dessert in the \$4 price (1/2 sandwich, 1/2 salad and dessert). See the kitchen if you have questions.

Printed Menu Item	55+	Under 55
Full Salad	\$4	\$6
1/2 Salad	\$2	\$3
1/2 Sandwich	\$2	\$3
Extra Dessert	50¢	\$1

Phone & Tablet Help Available  
Every Thursday from  
11:00-12:00  
Bring your phone or tablet and  
come with questions. Thank you  
AT&T Volunteers

**Save your stuff! Yard Sale/Car Show coming Sat, June 11**

April  
2016  
Heritage  
Center  
Events



Heritage  
Center

#10 E. 6150 S.

(West of State)

801-264-2635

[www.murray.utah.gov](http://www.murray.utah.gov)

[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)


We are here to  
serve you

Monday-Friday

8:00-4:30 and

Thursday until

10:00 PM

Monday		Tuesday	
		Volunteers needed to help with the Yard Sale and Car Show, a Heritage Center Fundraising Event, coming up on Saturday, June 11. Sign up to help at the front desk.	
9:00 NIA 9:00 Watercolor 9:00 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: <b>Love The Coopers</b> 1:00 Dance Lessons 2:00 Strength Conditioning	4	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Blood Pressure/Glucose 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	5
9:00 Golf: Lakeside 9:00 NIA 9:00 Watercolor 9:00 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: <b>Spectre</b> 1:00 Dance Lessons 2:00 Strength Conditioning	11	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:00 Hill Aerospace / 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help / 12:45 Crafts 1:00 Computer Help 1:30 Attorney Consultations 2:00 Beginning Line Dancing 2:00 Look What I Made	12
9:00 NIA 9:00 Watercolor 9:00 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: <b>The 33</b> 2:00 Strength Conditioning	18	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi / Spring Wellness 10:30 Blood Pressure/Glucose 11:00 Canasta 11:30-12:30 Lunch 12:00 Medicare / 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing	19
8:30 Golf: Valley View 9:00 NIA 9:00 Watercolor 9:00 Computer Help 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:00 SLN 1:00 Movie: <b>Concussion</b> 2:00 Strength Conditioning	25	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing / Smart Driving 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help / Tulip Festival 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	26

Wednesday		Thursday		Friday	
				8:45 Massage 9:00 Zumba 10:00 Yoga 10:30 Fifty Years in Polygamy 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Reader's Theater Play 12:45 Bingo 1:00 Bridge	1
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:30 Taxes 12:45 Bingo 1:00 Bridge	6	8:00 Pickleball Lessons 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:00 Hill Aerospace 10:30 Tai Chi 11:00 Tablet Help / Blood Pressure 11:30-12:30 Lunch 12:30 Exercise / 12:45 Happy Hats 1:00 Watercolors 2:00 Strength Conditioning 6:00 AMP / 7:00 Dance	7	9:00 Zumba 10:00 Yoga 10:30 Earthquake Class 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge	8
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 10:30 Blood Pressure 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Taxes 12:45 Bingo 1:00 Bridge	13	8:00 Pickleball Lessons 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:00 Museum Trip / Tablet Help 11:30-12:30 Lunch 12:30 Exercise Help 1:00 SLN / Watercolors 2:00 Strength Conditioning 3:30 Jam Session / 6:00 AMP 7:00 Dance/UTE	14	9:00 Zumba 10:00 Yoga 10:30 Clear Captions Class 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 NO Massage 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge	15
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 10:30 Spring Cleaning Your Health 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	20	8:00 Pickleball Lessons 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:00 Serving Time Cafe 10:30 Tai Chi / Medication Class 11:00 Tablet Help 11:30-12:30 Lunch 12:30 Exercise / 12:45 Happy Hats 2:00 Strength / 6:00 Aging Mastery 7:00 Dance	21	9:00 Zumba 10:00 Yoga 10:30 Home Safety 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge	22
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 10:30 Blood Pressure 11:15 Chair A'Robics 11:30-12:30 lunch 12:45 Bingo 1:00 Bridge	27	8:00 Pickleball Lessons 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 9:30 Toe Nail Clippings 10:30 Tai Chi 11:00 Tablet Help 11:30-12:30 Lunch / 12:30 Exercise 2:00 Strength Conditioning 6:00 Aging Mastery (AMP) 7:00 Dance	28	9:00 Zumba 10:00 Yoga 10:30 E-Book Class 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge	29

## Program Reminders

some programs require reservations

### Recreation

Jam Session — Thursday, April 14 at 3:30

Pickleball — Monday 10:15-12:00 and Thursday beginners at 8:00, others 9:00-11:00

Reader's Theater — Fridays at 12:30

Wendover — Thursday, May 12 from 8:30am to 7:00pm — \$17

### Services

Blood Pressure — Tuesday or Wednesday in April (see calendar) OR Thursday, April 7 from 11:00-12:00.

Attorney — Tuesday, April 12 at 1:30

Computer Help on Monday and Tuesday

Massage Therapy — Fridays 11:45-3:45

Toe Nail Clippings — Thursday, April 28 at 9:30-11:30 — \$10 register now

Tax Assistance ends Wednesday, April 13

### Classes

Senior Learning Network — Eleanor Roosevelt: Her Life and Legacy — Thursday, April 14 at 1:00

Senior Learning Network — The Japanese-American Internment — Monday, April 25 at 12:00 (*Sign-up begins April 4*)

Clear Captions Class — Friday, April 15 at 10:30

Spring Wellness Class — Tuesday, April 19 at 10:30

Medicare Counseling — Tuesday, April 19 at 12:00

Vital Aging: How to Improve your Sleep — Tuesday, April 26 at 10:30

AARP Smart Driving — Tuesday, April 26 at 9:30

Exercise every day — check the front desk for a schedule of classes

## Coming Soon...

### Earthquake Preparedness Class

On **Friday, April 8 at 10:30**, Salt Lake Community College Students will present information regarding all types of natural disasters with a special focus on Earthquakes — why they happen, preparing for them and responding to them. They will also inform us about the online tools and apps you can access if an earthquake happens. This is a free class, register now.

### Watercolor "Here Comes Spring"

Registration begins April 5 for the next watercolor class ... you can choose from either a Monday morning or Thursday afternoon class. Class starts on **Monday, April 18 from 9:00-12:00** and runs through Monday, May 23. Due to popular demand, a Thursday class has also been added from **Thursday, April 21** through Thursday, May 26 from **1:00-4:00**. The cost is **\$30**. The instructor is John Fackrell.

### Hop Into Spring For Your Health

Join us Wed., April 20 at 10:30 for a class on aging well at home. Jeff Williams, an RN working in acute Rehab, and volunteering here at the Heritage Center, will go over some of the things we can do to help prevent falls and avoid accidental injuries in the home as well as topics on how to age well at home. Register now, this is a free class.

### Wise Use of Medication

On **Thursday, April 21 at 10:30**, a representative from AARP will teach us about the dangers connected with taking both prescription and over-the-counter drugs. This program emphasizes the need to keep prescribing professionals (your doctors) informed about all drugs being taken, including the doses (which may change with time). Not only is this communication important in preventing harmful interactions between the drugs, but it also decreases the possibility of negating the effectiveness of others. They will cover the effectiveness of drugs as they age beyond the expiration date listed on their container. This is a free class, register now.

### Home Safety

On **Friday, April 22 at 10:30**, a representative from the Murray City's Police Department will inform us on how we can make our homes safe from burglary. Some of the topics this class will cover include: Protecting the Outside of Your Home, House Numbers, Fences, Lighting, Landscaping, Windows and Sliding Doors. Free, sign up now.

### eBook and eAudiobook Class

On **Friday, April 29 at 10:30**, a representative from Murray City Library will teach how to use eBooks and eAudiobooks. Bring your devices (tablet, smart phone, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Bring your Murray Library Card. If you don't have one, and would like one, please bring a photo ID with your current address or a photo ID and a piece of mail with your name and current address. Register now, this is a free class.

**Free Shredding Service in our North Parking Lot on Monday, May 2 from 10:00 to 1:00**

April 2016

# Heritage Center Menu

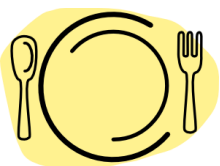
NO RESERVATIONS NEEDED unless it is a \*special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>CHICKEN &amp; BISCUITS</b> Salad Apple Toffee Blondie
<b>4</b> No Lunch Served	<b>5</b> <b>SHRIMP ALFREDO</b> Pasta Salad Breadstick Tiramisu	<b>6</b> <b>TUSCAN PORK CHOP</b> Roasted Potatoes Broccoli Birthday Cake & Ice Cream	<b>7</b> <b>CHICKEN NOODLE SOUP</b> ½ Sandwich Fruit Mint Brownie	<b>8</b> <b>STUFFED BELL PEPPERS</b> Green Salad Brown Sugar Cookie
<b>11</b> No Lunch Served	<b>12</b> <b>PHILLY CHEESESTEAK</b> Chips Fruit Spicy Ginger Cookie	<b>13</b> <b>BRUSCHETTA CHICKEN</b> Parmesan Potatoes Roasted Veggies Lemon Bars	<b>14</b> <b>PORK TACOS</b> Slaw Caramel Pecan Brownie	<b>15</b> <b>CITRUS TILAPIA</b> Rice Pilaf Veggie Double Chocolate Chip Cookie
<b>18</b> No Lunch Served	<b>19</b> <b>POT ROAST</b> Mashed Potatoes & Gravy Veggie Texas Sheet Cake	<b>20</b> <b>GYRO</b> Lemon Rice Greek Salad Coconut Pecan Cookie	<b>21</b> <b>SPICED HONEY CHICKEN</b> Potato Casserole Veggie Scotcheroos	<b>22</b> <b>VIETNAMESE BEEF NOODLES</b> Slaw Butter Cookie
<b>25</b> No Lunch Served	<b>26</b> <b>THAI PORK MEATBALLS</b> Rice Veggie Apple Cobbler	<b>27</b> <b>LEMON DILL CHICKEN</b> Baked Potato Asparagus Butterscotch Cereal Bars	<b>28</b> <b>MEATLOAF</b> Mashed Potatoes & Gravy Green Beans Cookie Dough Cupcakes	<b>29</b> <b>CILANTRO LIME CHICKEN</b> Pasta Broccoli Candy Apple Granola Bars